

## CLAIMS

It is claimed:

1. A golf club head comprising:  
a body including a front face, a perimeter weight surrounding the front face to define a rear cavity; and  
a rear cavity insert biasly interposed within the rear cavity so as to create a force against the front face.
2. The golf club head of claim 1, wherein the rear cavity insert is juxtaposed against substantially the entire back surface of the front face.
3. The golf club head of claim 1, wherein the rear cavity insert is juxtaposed against at least 50 percent of the front face.
4. The golf club head of claim 1, wherein the perimeter weight has a sole portion, the rear cavity insert juxtaposing a top surface of the sole portion and a back surface of the front face.
5. The golf club head of claim 4, wherein the sole portion has a sole recess defined therein, and the rear cavity insert biasly interposed in the rear cavity and a top surface of the sole recess such that a void is created between the insert and the back surface of the front face and the top surface of the sole portion.
6. The golf club head of claim 1, wherein an L-shaped rear cavity insert is biasly interposed in the rear cavity and sole recess.
7. The golf club head of claim 1, wherein a V-shaped rear cavity insert is biasly interposed in the rear cavity and sole recess.

8. The golf club head of claim 1, wherein the rear cavity insert has a specific gravity that is less than a specific gravity of the body.
9. The golf club head of claim 1, wherein the specific gravity of the rear cavity insert is less than 85 percent of the specific gravity of the body.
10. The golf club head of claim 1, wherein the coefficient of restitution of the golf club head is greater than 0.79.
11. The golf club head of claim 1, wherein the rear cavity insert is a composite laminated sheet of one or more layers.
12. The golf club head of claim 1, wherein the rear cavity insert is bent at a bend angle that is less than about 95°.
13. The golf club head of claim 12, wherein prior to insertion the rear cavity insert has an angle that is at least 2% larger than the bend angle.
14. The golf club head of claim 12, wherein the rear cavity insert exerts a pre-load force against the front face of between 0-3000 lbs.
15. The golf club head of claim 1, wherein the rear cavity insert is comprised of metal having a specific gravity less than the body.
16. The golf club head of claim 1, wherein the body of the club head has a specific gravity of at least about 7.0 and the rear cavity insert has a specific gravity less than about 5.0.

- 17.** A golf club head comprising:  
a body including a front face and a perimeter weight surrounding the front face and defining a rear cavity;  
the perimeter weight including a sole portion having a sole recess defined therein;  
a rear cavity insert biasly bent within the rear cavity and the sole recess so as to create a force against the front face.
- 18.** The golf club head of claim 17, wherein the rear cavity insert is juxtaposed against substantially the entire back surface of the front face.
- 19.** The golf club head of claim 17, wherein the rear cavity insert is juxtaposed against a top surface of the sole cavity.
- 20.** The golf club head of claim 17, wherein the rear cavity insert creates a void between the insert and a top surface of the sole portion.
- 21.** The golf club head of claim 17, wherein an L-shaped rear cavity insert is biasly bent in the rear cavity .
- 22.** The golf club head of claim 17, wherein a V-shaped rear cavity insert is biasly bent in the rear cavity.
- 23.** The golf club head of claim 17, wherein the rear cavity insert has a specific gravity that is less than a specific gravity of the body.
- 24.** The golf club head of claim 17, wherein the specific gravity of the rear cavity insert specific is less than 85 percent of the specific gravity of the body.
- 25.** The golf club head of claim 17, wherein the coefficient of restitution of the golf club head is greater than 0.79.

**26.** The golf club head of claim 17, wherein the rear cavity insert is a composite laminated sheet of one or more layers.

**27.** The golf club head of claim 17, wherein the rear cavity insert is comprised of metal having a specific gravity less than the body.

**28.** The golf club head of claim 17, wherein the body of the club head has a specific gravity of at least about 7.0 and the insert has a specific gravity less than about 5.0.

**29.** A set of golf irons comprising:

long irons, each having a body including a front face and a perimeter weight surrounding the front face and defining a rear cavity;

the perimeter weight including a sole portion having a sole recess defined therein;

a rear cavity insert biasly bent within the rear cavity and sole recess so as to juxtapose the front face and a top surface of the sole recess, so as to create a force against the front face.

**30.** The set of golf irons of claim 29, wherein the rear cavity insert defines a void between the insert and a back surface of the front face and a top surface of the sole portion.

**31.** The set of golf club irons of claim 29, wherein the rear cavity insert has a specific gravity that is less than a specific gravity of the body.

**32.** The set of golf club irons of claim 29, wherein the insert has a specific gravity that is less than 85 percent of a specific gravity of the body.

**33.** The set of golf club irons of claim 29, wherein the coefficient of restitution of the golf club head is greater than 0.79.

**34.** The set of golf club irons of claim 29, wherein the rear cavity insert is a composite laminated sheet of one or more layers.

**35.** The set of golf club irons of claim 29, wherein the rear cavity insert is comprised of metal having a specific gravity less than the body.

**36.** The golf club head of claim 29, wherein the body of the club head has a specific gravity of at least about 7.0 and the insert has a specific gravity less than about 5.0.